



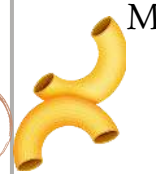






\$200 Monthly Dinner Menu Plan



SUN	MON	TUE	WED	THU	FRI	SAT
	1 Pancakes for Dinner Sliced Peaches Sausage Links Eggs  \$6	2 Kraft Mac Tuna Casserole \$5	3 Bacon Fried Rice  \$5	4 Tomato Soup Chili Cornbread \$10	5 Chicken Drumsticks Potatoes \$10	6 Leftover Night \$0
7 Instant Pot Hot Dogs Boxed Mac and Cheese \$3	8 Baked French Bread Pizzas \$4	9 Lemon Garlic Butter Pasta Garlic Bread  \$6	10 Hot Dog Fried Rice \$3	11 Cheesy Potato Soup French Bread \$10	12 Honey Soy Chicken Bites White Rice  \$6	13 Leftover Night \$0
14 3 Ingredient Crockpot Pork Chops Boxed Stuffing Steamed Broccoli \$10	15 Spinach Bacon Quiche \$6	16 5 Ingredient Mac and Cheese  \$3	17 Salsa Chicken and Rice \$6	18 Poor Mans Beef Stew \$9	19 Blackened Chicken Alfredo Steamed Broccoli  \$10	20 Leftover Night \$0
21 Cherokee Fry Bread Canned Chili Shredded Cheese \$6	22 Dairy Free Waffles Sliced Strawberries Bacon Eggs  \$7	23 Pepperoni Pizza Pasta \$5	24 Shepherds Pie with Instant Potatoes \$11	25 Grilled Cheese Sandwiches Canned Tomato Soup  \$3	26 Stuffed Chicken Legs Simple Green Salad \$10	27 Leftover Night \$0
28 Meatloaf with Oatmeal Instant Pot Gratin Potatoes Roasted Cauliflower \$16	29 Sourdough French Toast Hashbrowns Sliced Ham Steak \$10	30 Spaghetti Garlic Bread Canned Green Beans  \$9	31 BBQ Chicken Thighs Angel Hair Pasta-Roni Steamed Mixed Veggies \$10			